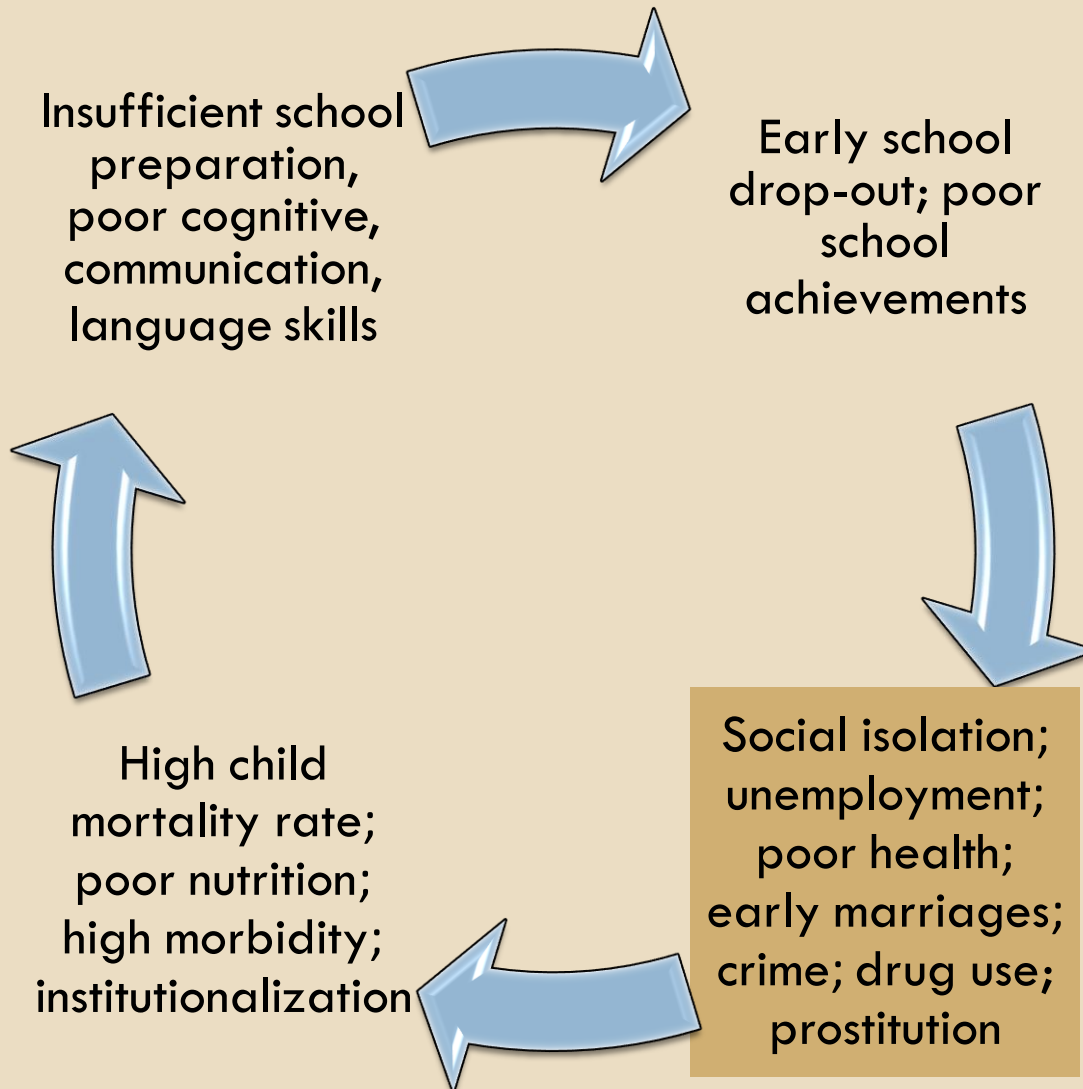


**HEALTH AND SOCIAL CENTER FOR COMMUNITY
DEVELOPMENT :
ONE APPROACH MANY SOLUTIONS**

EUROMA NETWORK meeting
Sofia meeting 19-29 September 2013

Elena Kabakchieva,
Health and Social Development Foundation

The vicious circle



Breaking the vicious circle

- Life skills development of adolescents;
- Early child development programs:
 - Social services targeted at pregnant women and parents of children 0-3 years;
 - Alternative service for early childhood development for children 4-6 years who do not attend kindergartens

Life skills development of adolescents

Provision of services for social inclusion of adolescents (12-15 years) through integrated preventive programme based on life skills development

- Life skills strengthening (*communication skills; goal-setting skills; decision-making skills; responsibility-assumption skills; ability to say “no”; more self-respect and higher self-esteem; self-presentation skills; assertiveness; non-violent conflict; resolution skills; anger control skills; empathy; time management skills; risk management skills, etc.*) creates favorable conditions for prevention of multiple health and social problems.

Life skills development of adolescents

The success of education is guaranteed by:

- Updated training programme;
- Motivational out-reach work;
- The trainer is a qualified specialist (psychologist) who facilitates the process with the help of health and social assistant from the local community;

Motivational out-reach work



Life skills development of adolescents

Development of life skills includes the following areas:

- Motivation for the continuation of education;
- Professional orientation;
- Health promotion and sexual education;
- Family planning;
- Parenting skills;
- Prevention of infectious diseases, including HIV/AIDS, STI, tuberculosis, etc.;
- Prevention of drug use;
- Prevention of aggressive, delinquent and criminal behaviour;
- Gender equality;
- Tolerance and non-discrimination

Life skills development of adolescents

This is an effective service for planning family and parenthood at an appropriate age and specific social and economic conditions; the risk for institutionalization of children is minimized. The increase in knowledge, value clarification and life skills development create a solid base for inclusion in qualification courses. This dramatically increases the opportunities for labour market integration.

Life skills development of adolescents



Social services targeted at pregnant women and parents of children 0-3 years

- Motivational out-reach work;
- The service involves group sessions conducted by a specialist (psychologist, social worker, medical professionals) and opportunity for individual case management;
- This service enhances significantly the parenting skills, the help- and health-seeking behavior and the problem resolution skills as well as the aspirations for future successful development of the children;
- The good parenting skills result in a sharp drop in the morbidity rate and the omissions in the immunization calendar;
- The service creates favorable conditions for prevention of institutionalization of children.

Social services targeted at pregnant women and parents of children 0-3 years



Complementing services



Municipality service for provision of solid food for 10 month to 3 years old children

Alternative service for early childhood development for children 4-6 years who do not attend kindergartens

- Daily half-day sessions with the children and sessions with the parents
- The sessions are conducted by qualified pre-school teacher
- A healthy snack is provided

Alternative service for early childhood development for children 4-6 years who do not attend kindergartens

- The cognitive, social, and language skills development is proven to be of key importance for the successful coping of the children with the requirements of the education system and most effectively prevents the early school drop-out. On the other hand, upon observing the progress of their children, the parents are strongly motivated to participate in a parenting programme to support their children's education.

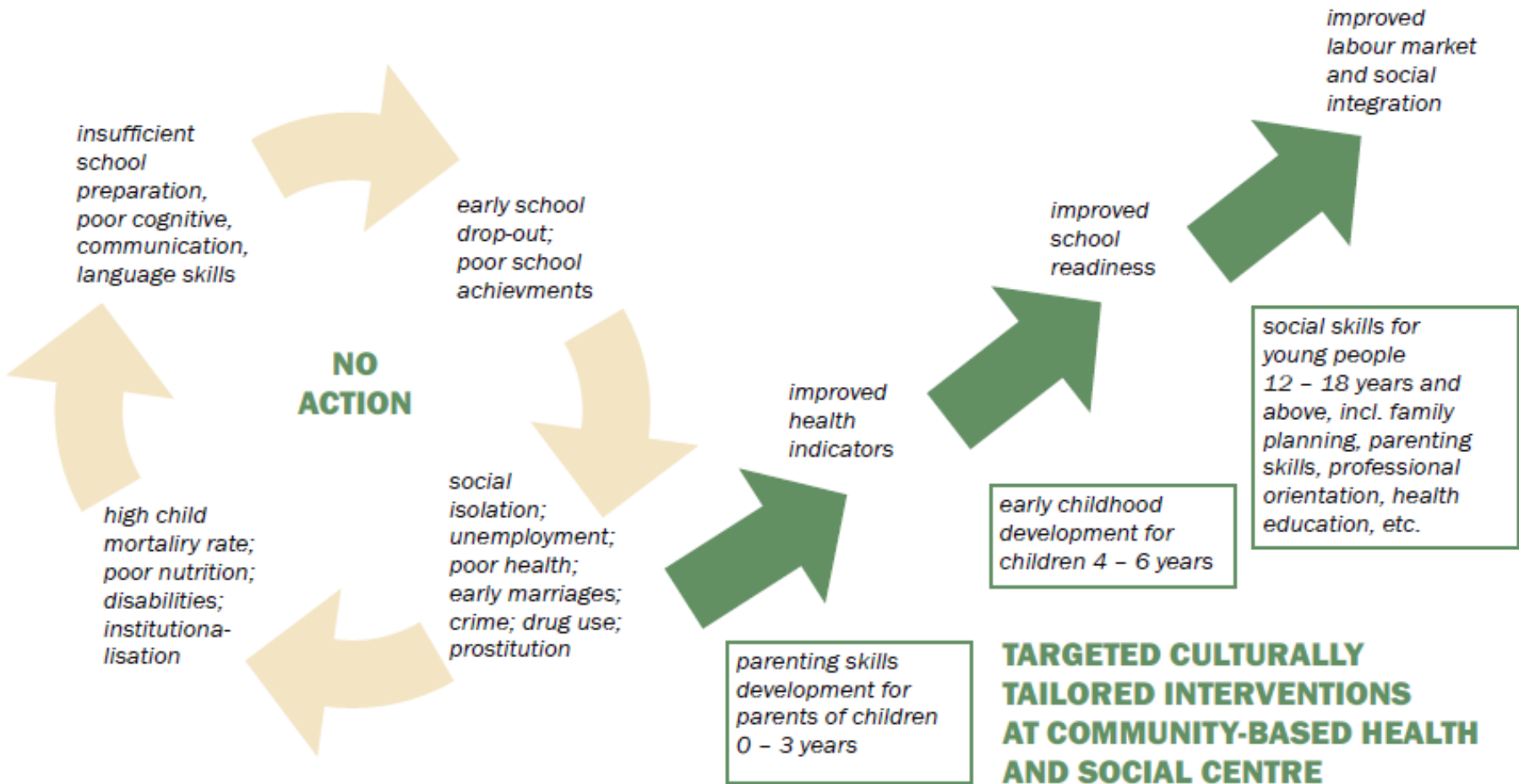
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Alternative service for early childhood development for children 4-6 years who do not attend kindergartens



BREAKING THE VICIOUS CIRCLE OF POVERTY AND SOCIAL ISOLATION



Advantages

- The model is based on an integrated approach targeted at a wide range of serious problems that determine the socially disadvantaged status of the Roma community. This model offers measures that in the long term result in increased employment of both women and men and ultimately leads to decrease in poverty;
- The model guarantees the availability of services and their high quality;
- The model enables a flexible service provision;
- The complementary programmes provide best opportunities for the empowerment of women and girls;
- The model is cost-effective and can be easily replicated and disseminated;
- Applicable to other non-Roma isolated poor communities.

How to replicate the model?

Health and Social Center for Community Development could be replicated through:

- ❑ Involvement of local stakeholders;
- ❑ Analysis of the local situation;
- ❑ Qualified training for service providers;
- ❑ Qualified supervision on quality of services and prevention of burn out;
- ❑ Sustainable funding for long-term programs;

László Andor, Commissioner for Employment, Social Affairs and Inclusion

“I think we have to use this year, which has been devoted to the issue of fighting poverty and exclusion, in order to raise awareness about poverty in general, but particularly about subjects where these problems are the most burning. I think child poverty is one of the most severe. I think it is well known that, by the time a child reaches four or five, it is decided how the rest of his or her life will be lived. That is why, if someone at a very young age cannot receive adequate attention, an adequate family environment or adequate social conditions, then the rest of his or her life will be very difficult.”